

JULY, 1939

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DAILY WORD

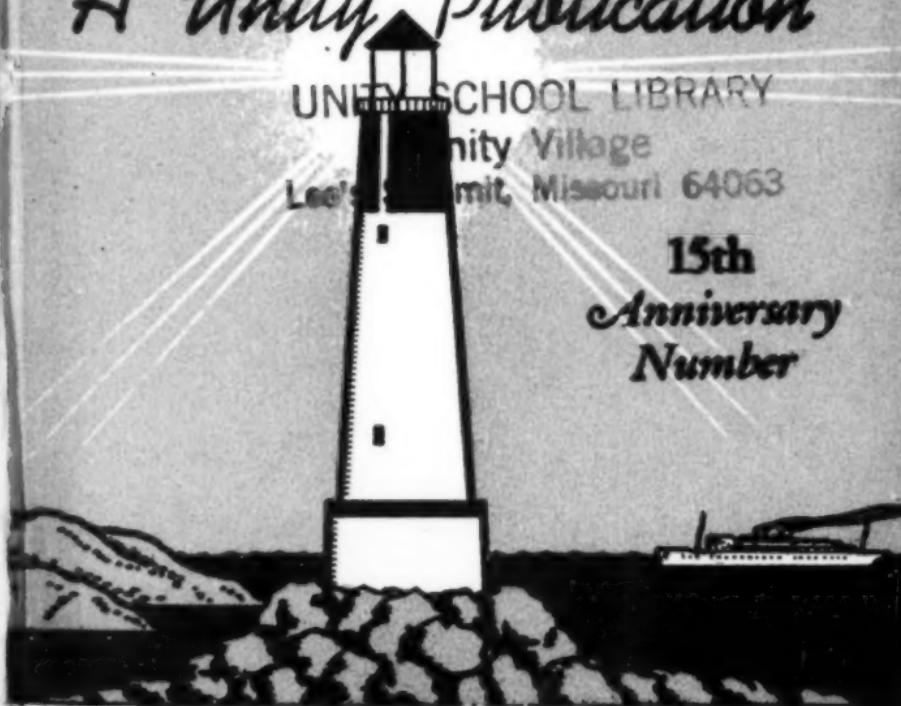
A Unity Publication

UNITY SCHOOL LIBRARY

Unity Village

Lee's Summit, Missouri 64063

15th
Anniversary
Number



For Each New Day...THE RIGHT WORD
FOR YOUR INSPIRATION

SOCIETY OF SILENT UNITY

Affirmations

JUNE 20 TO JULY 19

Daily at 11 a. m. join us in this thought for spiritual illumination:
Both the within and the without now glory
in the light of Thy Spirit.

At 9 p. m. each night let us acknowledge the healing power of
Spirit with this prayer:

I join with all the hosts of heaven in declaring
that only the good is true, and that
good health everywhere is made manifest.

At high noon each day concentrate your attention on this
thought for prosperity:

The rich substance of the kingdom of God
is pouring its plenty perpetually into my
mind and affairs, and I am in all ways
prospered.

Daily Word is nonsectarian, published monthly by the Unity School of Christianity. Single copies may be obtained at Unity libraries and newsstands at 15 cents. Subscriptions, \$1 a year. Braille subscriptions are sent free to the blind, who are familiar with Grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business*, *Progress*, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to the Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103; act of October 3, 1917, authorized June 13, 1924.

When asking us to change your address, please be sure to state which of our magazines you are receiving, and whether you are now using a Prosperity Bank.

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DAILY WORD

Vol. 31

JULY, 1939

No. 1

PUBLISHED BY THE UNITY SCHOOL OF CHRISTIANITY
FORMERLY EDITED BY FRANK B. WHITNEY. NOW EDITED UNDER
THE SUPERVISION OF SILENT UNITY.

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Silent Unity Comments

Fifteen years ago this month, under the vital editorship of Frank B. Whitney, a new Unity periodical was born, DAILY WORD. To have a magazine that provided an inspirational thought for each day was one of the fondest dreams of the cofounders of Unity, so it was with a prayer and a blessing that the first number of DAILY WORD (July, 1924) was mailed to a small number of subscribers.

Since then this newcomer has grown mightily in influence and circulation; but the basic plan and the purpose have remained the same. The material in our birthday number, every poem and article and all but three of the daily lessons, has been taken from

earlier issues of DAILY WORD. With this issue of 1939—just as with the issue of 1924—comes a rich cargo of prayer and blessings.

Besides DAILY WORD'S birthday there are a number of other Unity events that make July important. Sunday morning, July 2, Unity will be on the air over the Columbia Broadcasting System, and you are invited to tune in. We ask your blessing also for three special meetings: the center leaders' conference, the gathering to celebrate Unity's Golden Half-Century, and the Youth of Unity conference.

Meanwhile we continue to pray with you, knowing that God's perfect will is working for you and all mankind.

Silent Unity, the healing department of Unity School, is happy to minister to every person desiring help through prayer. Requests addressed to Silent Unity, 917 Tracy Ave., Kansas City, Mo., will receive immediate attention. Compensation is by love offerings.

I Behold the Christ in You

I behold the Christ in you:
Here the life of God I see;
I can see a great peace too;
I can see you whole and free.

I behold the Christ in you.
I can see this as you walk;
I see this in all you do;
I can see this as you talk.

I behold God's love expressed,
I can see you filled with power;
I can see you ever blessed,
See Christ in you hour by hour.

I behold the Christ in you;
I can see that perfect one.
Led by God in all you do,
I can see God's work is done.
—*Frank B. Whitney.*

(A copy of this poem printed on a card will be sent you on request.)



Guarded from Stumbling

MANY indeed are the instances reported in which we see inharmony, disease, and lack overcome and put to flight by prayer and the power of God. No count could be made however of the many instances where persons through the study and knowledge of Truth are saved from having to go through adverse experiences. For every demonstration of deliverance from disease through the power of prayer there are possibly a hundred thousand instances of students of Truth being kept in such a state of health that they do not have to make a demonstration over disease. We can see that an understanding of Truth not only cures disease but serves also as a preventive.

The story is told of a child in a study class who had been told of the demonstrations other children had made over disease. When asked if he had had any such experiences, he simply remarked that his study of Truth had kept him in such a state of health that he did not have to make demonstrations over disease! After all, is this not the ideal situation? Is it not much better for us to feel that an understanding of Truth prevents disease than to feel that Truth is a remedy for disease?

The Spirit of Christ within and about you is

He "that is able to guard you from stumbling, and to set you before the presence of his glory." He is able to keep you in such a state of wholeness that you will not fall into disease. He is able to maintain you in such a consciousness of supply that you will not have occasion to make a demonstration over failure and lack. He gives you the principle of love that you may not fall into a state of hate and fear.

Regular periods of silence and prayer help us to maintain health. In the silence we may sense weakness and most readily sense the fortifying presence of Christ to replace it with strength. Day by day we tend to get rid of belief in disease and to become established in such a consciousness of health that it cannot be touched by the disease thought.

The preventive aspect of treatment interests us more and more as we see how much easier it is to stay in health than to be in the position of making a demonstration over disease. There is something very assuring about sensing the healing presence of Christ within us and knowing that it is our safeguard against disease. The consciousness of Truth is at once affirmative and positive. Such a consciousness prevents the work of the disease

thought, neutralizes the operation of any belief in lack.

The Spirit of Christ is ever your guard and protector, your savior and salvation. When you maintain a high degree of consciousness of the presence of Christ, you are saved from stumbling and falling into negation and adversity. You are prevented from having those adverse experiences common to those without a knowledge of Truth.

In the 91st Psalm we learn that "truth is a shield and a buckler." As such it shields us from terror and pestilence and destruction. Evil and plagues and serpents may be about us, but they are as nought to us who are shielded by Truth. We do not have to make a personal demonstration over their presence. Our consciousness of Truth is our insurance against them. Angels seemingly bear us up lest we may be dashed against the stones. We are guarded from stumbling. We are prevented from falling from the high position we occupy as children of God.

Your knowledge of Truth today is your assurance that you will not have problems to meet tomorrow. The consciousness of Truth that you are building up today is your safeguard for tomorrow.
—*Frank B. Whitney.*

My Creed

I BELIEVE in one God almighty—peace, love, joy, and life, Father and Creator of all good, and in Jesus Christ our Lord, through whose power I am saved from evil, sin, and disease.

I believe in myself, in God in me, and in my power through Christ to behold myself as a son of God, for such I am in Truth.

I believe in my fellow man, in God in him, and in his power to be filled with all good because God in his midst is all good.

I believe in the forgiveness of sins, which takes place when through Christ in me I remit and release sin from my consciousness.

I believe in the resurrection of the body to perfect life and health, which is achieved when through Christ the body is exalted above the belief in sin, disease, and death.

I believe in everlasting joy, peace, love, and life, which are realized when through the knowledge of Truth we behold heaven in our midst. Amen.

—*Frank B. Whitney.*

Bless Your Home

MAKE THE STAND that you and the other members of your household will no longer think adverse thoughts and speak negative words within the sacred walls of your home. Get their co-operation in the matter. Dispel all personal animosity, gloom, and fear from your mind and from your home. Rise out of all belief in disease, lack, and inharmony.

Realize that the presence of God in your midst is the presence of light, peace, joy, love, health, and plenty. When you realize that your home is dedicated and consecrated to God, you will no longer be tempted to think evil thoughts within its walls or to speak harshly one to another.

Let your home represent to you a bit of heaven. Within its walls let the peace of heaven appear. Let love always rule. If any thought of personal misunderstanding arises, let love settle the difficulty. Let God be the principle by which all matters are judged and Christ be the head of the house. Then you will realize that you have "a building from God, a house not made with hands, eternal, in the heavens." The divine idea back of the material house is the spiritual concept of home —peace, shelter, protection. Virtually every one has the feeling at times that he would like to get

away from the affairs of the material world and enter some retreat of peace and silence. His home should be this to him. It should be the outer manifestation of his inner realization of peace, quietness, and love.

Bless your home through that high consciousness in which you can consecrate it to the will of God. Keep your thoughts high and noble. Know that the presence of God within your home puts to flight all that is ungodlike in character.

You may give your home a treatment like this: *There is no place for evil, fear, falsehood, deception, selfishness, impurity, ignorance, anger, hatred, sorrow, unforgiveness, misunderstanding, or evil in this home.* After this housecleaning, take up some positive and constructive thought like this: *There is only one presence in this home, the presence of God. This home is dedicated and consecrated to Truth, love, joy, unselfishness, forgiveness, contentment, satisfaction, happiness, understanding, justice, order, health, and plenty. Every member of this household, every guest of this home rejoices to feel the presence of God, the presence of good. This home is a sanctum of love, a retreat of peace.*—Frank B. Whitney.

A Prayer to Christ

Mind of Christ, inspire me.
Light of Christ, illumine me.
Peace of Christ, harmonize me.
Joy of Christ, free me.
Love of Christ, satisfy me.
Life of Christ, vitalize me.
Power of Christ, strengthen me.
Presence of Christ, protect me.
Christ, ever abiding within me.
Express in me Thine image and likeness.

Eyes of Christ, watch over my affairs.
Face of Christ, illumine my countenance.
Shoulders of Christ, bear my burdens.
Heart of Christ, quicken my compassion.
Arms of Christ, lift me up.
Hands of Christ, bless my undertakings.
Feet of Christ, direct my steps.
Body of Christ, establish my health.
Christ, ever near and about me,
Help me to triumph and to overcome.

—Frank B. Whitney.



The Secret of Keeping Coolheaded

Frank B. Whitney

A COOL head, as well as a cool body, results from keeping poised in the understanding that the conditions of the world about us—its people, things, and circumstances—have no power to disturb our inner Spirit. Were we to take the contrary stand, were we to believe that the conditions of the world establish our own inner status, we should be entirely at their mercy. We could not know the truth of the peace and harmony and majesty of Christ within us.

Coolheadedness indicates a certain freedom from dark and heavy and antagonistic thought. When we are coolheaded we have a certain inner assurance that all is well, that nothing can disturb us, that the serenity of our inner Spirit is establishing unchanging serenity in our world.

We feel when we are coolheaded that we are more masterful, more in command of our affairs. We realize that the world about us has no influence or power over the Christ within us. The quietness of cool thoughts bespeaks a certain confidence and assurance that help us to take command of our affairs. Hotheadedness is always the mark of scattered forces, misdirected effort, failure to accom-

plish and to succeed.

Coolheadedness gives us a sense of quiet and command. We lose all belief in rush and fear when we are coolheaded. We feel that Christ is in command of our life and affairs and that there is no occasion for fretting. We sense an inner mastery that may previously have been unknown to us.

The individual of masterful consciousness is sure to be coolheaded. The world with its people and situations comes under the mastery of his inner Spirit and understanding. He discovers that he is coolheaded because of a firm conviction that things of the world cannot deprive him of his natural heritage of peace and poise.

The secret of keeping coolheaded is but the knowledge of how to keep peaceful and poised when things about us appear to be in a chaotic condition. The student of Truth knows that external things cannot disturb the cool calm of his indwelling Spirit. He knows that all of the world about him is subordinate to the Spirit of Christ within him. He knows that from the presence of Christ within him he takes charge of all his external affairs. He does this in cool and calm deliberation, in the inner assurance and conviction that all is well.

My Body Is a Temple Rare

My body is a temple rare
As is a place of holy prayer
Or holy shrine set on a hill
Wherein abides a presence still,
Or as an altar, reared in praise,
That stands before our wondering gaze;
Or as a chapel whence ascend
Our songs of praise to God, our friend,
Wherein a dazzling light we see
That burns and shines eternally;
Wherein we sense a presence bright
That fills each nook and place with light;
A chapel wherein living bread
Is placed before each prayerful head;
The wine of life, the Spirit's wealth,
Is consecrated as our health;
Wherein a virgin purity
Renews us through eternity;
And God our Lord with tender voice
Bids us to live and to rejoice:
My body is a temple rare
As is a place of holy prayer.

—*Frank B. Whitney.*



JULY 1

Saturday

THROUGH THE INNER VISION OF MY MIND
I SEE ALL THINGS IN THE LIGHT OF TRUTH.

ALL SEEING is primarily mental, and through the mind's eye, in the light of Truth we behold things that we could not otherwise behold. We see according to spiritual vision, not according to appearances.

The capacity to see is but the ability to perceive mentally. Persons have been known to see during sleep what they had never seen waking; they beheld these things through mind. Lost articles have been located in the silence when the physical eyes were inactive; the articles were seen mentally.

When you are unable to see the proper step to take, cease all physical tension and all anxiety and turn within. Get quiet and let the higher intelligence within direct and guide you. The light of Truth will make your path bright. Through the inner vision of the mind you will come into a consciousness that previously was not possible. You will clearly see yourself and all things in the light of Truth.

* *The wise man's eyes are in his head.—ECCLES. 2:14.*

Sunday

JULY 2

IN THE INNERMOST DEPTHS OF MY BEING I
CONTACT GOD, THE SOURCE OF MY LIFE AND
POWER.

Tune in today: special Unity broadcast on
CBS network. Check time with local station
or newspaper.

WHERE DOES one find God? Where does one become consciously interrelated with God? Where is the secret place of the Most High? The answers to these questions should interest every man, for they are the solution to all his problems.

Going into the secret place is a matter of turning away from things as they appear and turning toward the great within. In the depths of his consciousness man contacts the very source of his being. There he finds that which in expression becomes his life and his power.

One who looks without for God remains incomplete and unsatisfied. God within him is so closely interrelated with him that there is no line of division between.

*He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.*

—PSALMS 91:1.

JULY 3

Monday

MY BUSINESS IS GOD'S BUSINESS, AND HE MANAGES AND PROSPERS ALL MY AFFAIRS.

TAKE GOD as your senior partner and you will find that your business is in the hands of one who knows what to do at all times. Rely upon the Spirit of wisdom and you will wisely conduct all your affairs. Look to God and your prosperity will increase.

Just how are you to do all this? By knowing that within you is the Spirit that at all times knows what to do, that knows the answer to every question, that knows just what step you should take. This higher power in you is God, not God away from or apart from you but dwelling right in you. When you take God as your partner you arouse yourself to rely upon that in you which cannot fail; you lift your consciousness to the higher self in you which can do all things.

You become inspired by spiritual forces to put your business upon a spiritual basis, because you recognize that all business is God's business, ruled by the Spirit of God. His wisdom will direct and prosper you.

* *It is God who worketh in you.—PHIL. 2:13.*

Tuesday

JULY 4

THROUGH CHRIST I AM RELEASED FROM ALL BONDAGE AND FREED FROM EVERY MAN-MADE LIMITATION.

THE PRISON could not hold Peter because it could not contain his far-reaching consciousness of freedom. Peter knew the Christ. He knew Christ as his liberty and freedom, his freedom from every limitation and every restriction.

We deliver ourselves from all sense of bondage when we perceive the truth of our freedom. Truth makes us free. It causes us to rise to the consciousness that nothing can bind or limit.

If you are bound and chained by belief in disease or poverty, deliver yourself by holding to Truth, by entering into the consciousness that recognizes neither bondage nor limitation. Your God-given right is the right to freedom. Do not allow yourself to sink down dejectedly under the impression that you must give in to bondage. Arise and assert your freedom! Walk out of the chains that bind you!

* *The Spirit of the Lord Jehovah is upon me . . . he hath sent me . . . to proclaim liberty to the captives, and the opening of the prison to them that are bound.*
—ISA. 61:1.

JULY 5

Wednesday

I NO LONGER TRY TO LIVE ANOTHER'S LIFE FOR HIM. I AM WILLING TO STAND ASIDE AND SEE HIM FREE TO EXPRESS HIMSELF ACCORDING TO THE DICTATES OF HIS OWN IN-DWELLING SPIRIT.

ONE TENDENCY of human beings is to try to make other people live according to their conception of life. Persons who try to do this are perhaps the most resistant to the idea of living according to the dictates of others.

We must rest in the consciousness that the one for whom we are anxious has his own life to live. He also has within him One who will guide and direct him aright. At times we may be led to give him a helpful thought or a helping hand, but we should do this with no feeling of trying to bring him around to our own personal viewpoint. There should be no tendency to feel that all people must fashion their thoughts and deeds according to our own. We show strength of character when we keep ourselves under such control that we are willing to give those nearest and dearest to us their God-given right to individual expression.

• *Let each man prove his own work.—GAL. 6:4.*

Thursday

JULY 6

IN QUIETNESS AND IN CONFIDENCE I LAY HOLD OF MY INNATE POWER TO DO ALL THINGS.

SOME OF us are so busy working out our problems that we neglect to connect with the inner working power and to let it work for us. Men who depend too much upon their own efforts plunge ahead to fatigue and failure. They need quietly and confidently to relax from personal endeavor and to lay hold of that innate power which never tires or fails.

The higher power works better through man when he is relaxed; in fact, man can make but a weak connection with the deeper forces when he is tense and working from a personal standpoint. Men physically weak have been known to perform great feats of strength and endurance when fired by the inner forces. In time of need and distress men have turned to the Spirit of God and have been answered with the strength of omnipotence. Runners have found that the second wind relieves them of all exhaustion and fear of defeat.

Relax and rest in God's power within.

* *Come unto me, all ye that labor.—MATT. 11:28.*

JULY 7

Friday

THE SUBSTANCE OF CHRIST SATISFIES, NOURISHES, AND SUSTAINS ME.

THE SUBSTANCE of Christ is the holy manna or spiritual bread that feeds mind, soul, and body. This substance appears under various guises. It is mental food on the mental plane, physical food on the physical plane. Substance is the reality back of all things that exist in Truth. It is that which provides a framework or foundation for everything real. Life and love have substance because back of them is God.

Man need never want for substance or for spiritual bread. Manna appeared before the children of Israel when they were sorely in need of it. Later the Truth of Christ appeared as living bread for those who hungered after truth.

Cast from consciousness all belief in lack, all tendency to think that the substance of God can be hidden from you or be inadequate for any situation. Your divine birthright entitles you to plenty of substance just as it entitles you to abundant health. In the great universal plan there is plenty of substance to meet every demand.

• *I am the bread of life.—JOHN 6:35.*

Saturday

JULY 8

KNOWING THAT ALL THINGS ARE ADJUSTED AND RIGHTED BY DIVINE LAW, I AM ESTABLISHED IN THE FAITH, PATIENCE, AND POISE OF SPIRIT.

IN ORDER to develop patience we need to establish ourselves in faith and poise: in the faith that all things are working out for our highest good; in the poise that comes from the assurance that this working out relieves us of all cause for personal anxiety.

The gardener does not pull up his plants to see whether the roots are branching. He is content to leave them under the law of growth and to let them grow according to this principle. The fertile soil, sunshine, and rain do their part to bring forth the plant, with its flowers and fruit.

In the same way, we need to develop patience in handling our affairs. We need to place them under divine law. To have the assurance of the law back of all things helps us to be assured of the outcome. When we know that things will work out in divine order we can relax calmly, biding the time when this order comes into manifestation.

• *Be patient therefore.—JAMES 5:7.*

JULY 9

Sunday

THROUGH PRAYER I AM SPIRITUALLY IDENTIFIED WITH GOD AND I KNOW MYSELF AS SPIRIT.

P RAYER (realization of his relation to God) causes man to behold his spiritual nature. Such a realization causes him to see himself as he exists in the absolute consciousness of the Father. Some conceptions of prayer cause men to prostrate themselves before an unknown god, and men thereby fail to reach the consciousness that in Truth they are erect in the supreme manhood of God.

Men often fail to understand the truth about themselves because they are given too much to the contemplation of what they are not. In their prayers they view themselves adversely and negatively. A person may be assured that he has learned to pray if in his prayers he is able to gain a vision of his spiritual supremacy.

To the Truth student prayer is not a process of beseeching or imploring. The Truth student seeks to raise himself to the consciousness of oneness with God.

• *Every creature of God . . . is sanctified through the word of God and prayer.—I TIM. 4:4, 5.*

Monday

JULY 10

THE MIND OF GOD IN ME DIRECTS AND GUIDES ME, AND I KNOW JUST WHAT TO DO AT ALL TIMES.

WHEN a person is directed and guided by the mind of God within him, he is not vacillating or double-minded; the instability of indecision gives place to the assurance of Truth. The tendency to waver is transformed into the disposition to stand firm in the knowledge of what is good.

Jesus is an example of one who turned within to God when He would know what was the proper step to take. He kept closely identified with the Father. He kept in close union with God and thereby kept the mind of God active within Him.

Do not tolerate the tendency to indecision. When you have a decision to make, turn within; affirm your oneness with the mind of God and let it direct and guide you. You will always know what to do and when to do it if you obey infinite wisdom. It is yours. You only need to turn to it and to be receptive to its voice.

* *Let not that man think that he shall receive anything of the Lord; a doubleminded man, unstable in all his ways.*—JAMES 1:7, 8.

JULY 11

Tuesday

THROUGH FREEDOM OF WILL I AM UNHINDERED AND UNLIMITED IN THE EXERCISE OF MY WILL.

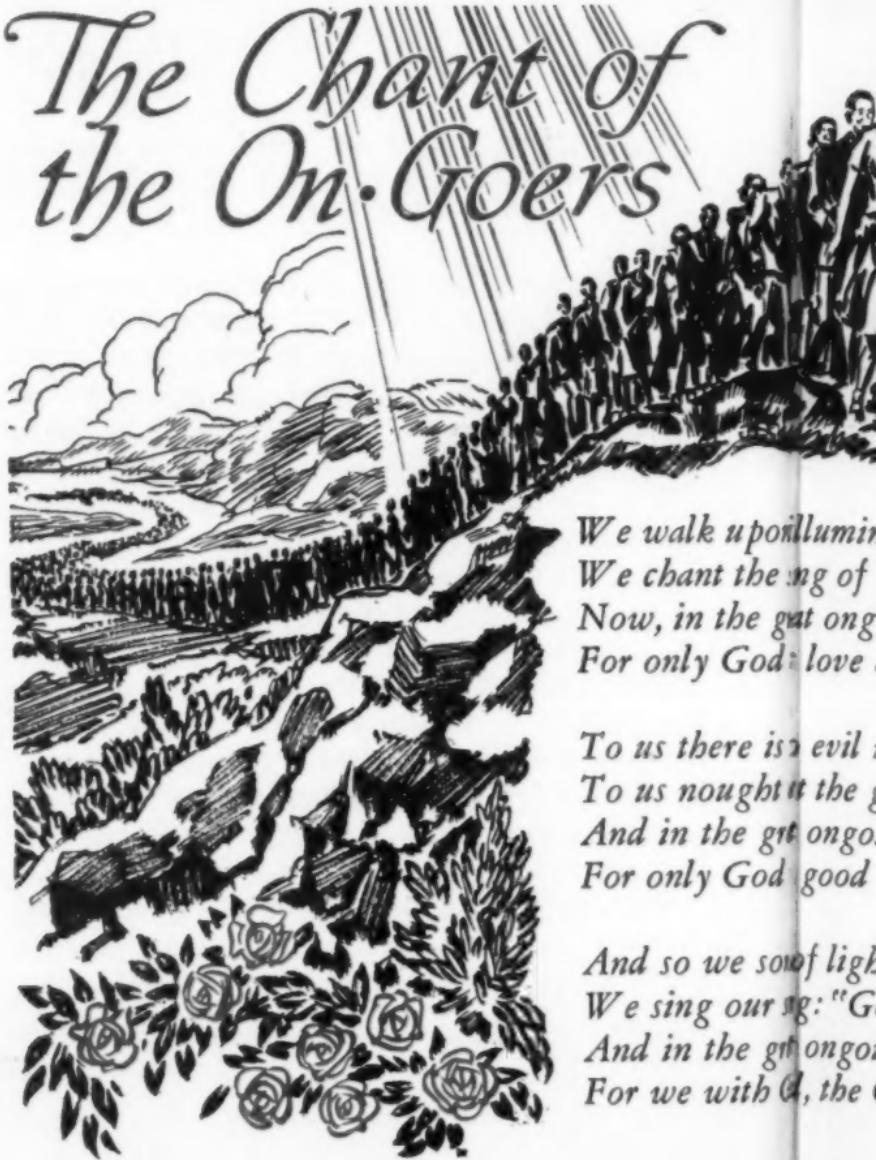
MAN HAS freedom to think and to will as he chooses. There is no power, not even the power of God, to interfere with this freedom. Man can think the truth about anything or he can think a lie about it. God never forces Himself upon man. The mind of God does not coerce the mind of man or attempt to regulate man's actions.

When God and man work together, man becomes the vehicle for the expression of the will of God. Man finds the will of God to be his own highest ideal of will, hence he has no sense of being limited or hindered in any way by it. While man has freedom to think and to will in any way he pleases, yet he does not enjoy freedom in the absolute sense before his will becomes blended with the will of God.

Through freedom of will you are a free agent. You are free to establish in your life and in your affairs whatever you desire.

¶ *Come now, and let us reason together, saith Jehovah.*
—Isa. 1:18.

The Chant of the On-Goers



We walk upon illumir
We chant the sing of
Now, in the git ongo
For only God: love

To us there is evil
To us nought it the
And in the git ongo
For only God good

And so we soof light
We sing our sing: "G
And in the git ongo
For we with G, the



upon illumined paths, a pageantry of light;
at the ring of men made free, we sing of health and might.
the gat ongoing there can be no note of fear;
God: love exists; to us as love He's near.

ere is no evil nigh, us chanters of the good;
ought it the good exists, for God is understood.
he gat ongoing there can be no evil thing;
God good exists; of Him we chanters sing.

we sowf light press on, and forward, upward, go;
our sing: "God is! I am! I love! I see! I know!"
the gat ongoing God and we are one somehow;
with U, the One, exist; and God with us, here, now.

(Adapted from the poem by FRANK B. WHITNEY.)

Wednesday

JULY 12

IN MY BODY I SEE THE DEATHLESS, ETERNAL LIFE OF GOD.

To give recognition to the belief in death is to limit life. To countenance death is to countenance belief in some power other than God, the all-powerful. Since death has no part in God it has no part in life. Death is a condition resulting from man's ignorance of how to lay conscious hold of God's life within.

We need to see eternal life in the body and to vision life at work there in its fullest. We need to know that life, the activity of God within us, is not apart from our body. We need to feel the presence of life in every part of our body, to know that every nerve, muscle, and cell is filled with the energizing, healing life of God.

See life as eternal and deathless. See it as unaffected by the belief in death. In the absolute there is no death, because the belief in death is fallacious. Knowing this, you can keep your body unified with life. The eternal life of God is your life. God's life is deathless; your life is deathless.

* *This is life eternal, that they should know thee the only true God.—JOHN 17:3.*

JULY 13

Thursday

MY LOVE IS IMPERSONAL AND UNIVERSAL.

DAILY AFFIRM your oneness in love with all people. Freed from the narrow ideas of self and "me and mine," your love will expand. Perceiving the universality of love will make you feel the universal relationship. When you feel your kinship with all men, you will have no inclination to give love to one and to withhold it from another.

Your lesson is to learn to love the one you do not love with the same love that you love another. As long as you think you have liberty to disapprove of any person and to love one and hate another you may be sure that you have not grasped the nature of Truth and love.

Love never fails us in the time of need. Whatever the necessity, love will come to our rescue if we but turn to it. If your heart is filled with love, you cannot behave unseemly; you cannot be puffed up. Love is the universal remedy, universal in its application.

* *Hereby we know that we love the children of God, when we love God and do his commandments.—I JOHN 5:2.*

Friday

JULY 14

GOD IN ME SAYS: "I AM THAT IN YOU WHICH IS WITHOUT LIMITATION." FROM THE HEIGHTS OF SPIRITUAL CONSCIOUSNESS I AFFIRM: "I AM UNFETTERED AND UNLIMITED. I AM THE REALITY OF GOD."

THE I AM of man is that part of his make-up which is God. The I AM is that in man by which he is identified with God. It is that which is real, true, substantial, never changing, unlimited, free. Man may go through pain and despair, but there is always something within him that is not depressed or diseased. Even when in the depths, man can turn his attention within and behold the light and joy of God. He can find within himself that which is true and wise.

Man's way out of all his difficulties is through recognition of the I AM. When a person ceases to think and to say, "I am ill, I am poor, I am depressed," he separates himself from depression, poverty, and disease. By his thought and his word, man has power to identify himself with that which is good. When the thought of limitation comes to you, say, "I am unfettered and unlimited."

• *I am with thee . . . I am thy God.*—ISA. 41:10.

JULY 15

Saturday

I AM NEVER ALONE. THE CHRIST OF GOD WITHIN ME INSPIRES ME THROUGH CONSTANT COMPANIONSHIP.

AN IDEAL companionship is enjoyed by the one who has found himself, who has unified himself with his higher self, which always inspires and makes him happy. Those who look to other people to make them happy become unhappy when separated from them. Personal consciousness causes one to look to personality for completeness.

To know that we are not alone even though we are separated from people is to know a peace that is far greater than the peace that comes from companionship with people. Such a peace cannot change with the changes in people. It endures forever.

If any one desires a friend or a companion in his daily life, he should first find the companionship of the One within himself. This union alone can assure him of the right companionship in the daily walk of life. Accept Christ as your friend, your companion, your comforter.

* *Lo, I am with you always, even unto the end of the world.*—MATT. 28:20.

Sunday

JULY 16

LIFTING MY VISION TO THE HIGHER CONSCIOUSNESS OF GOD IN ME, I AM EXALTED AND GLORIFIED.

THE CUSTOM of lifting the eyes in prayer is based upon the inclination to lift one's vision to the higher mental and spiritual realms. In the upper part of the head is found the "upper room" referred to by Jesus, the part of the mind given to prayer and reverence.

The lifting of the physical eyes has its counterpart in the lifting of the inner eye. In prayer one seeks to look with inner vision to the high peak in consciousness from which emanates spiritual light. The lifting of one's inner vision to the higher consciousness of God within causes this consciousness to flow back over the visional path and to establish itself as perfect manifestation. That which has been perceived in consciousness is expressed in mind and body.

When by praying the individual develops the power to look up he also has the assurance of being lifted up, refreshed, exalted, filled with new light and the glory of the Lord.

• *Lift up your eyes on high.—ISA. 40:26.*

JULY 17

Monday

I CONSECRATE MY HANDS TO THE WORK OF
THE MASTER AND ALL THAT I DO IS WELL
DONE.

WHEN A person gives himself and his work to the Master, all that he does is governed by a higher consciousness. He becomes a channel for Spirit. His hands execute spiritual directions. His service, serving his fellow men, is but the service of the Master. Those who consecrate themselves to higher service do so in the name and through the power of Jesus Christ. They give themselves to others and in that way give themselves to Christ.

When our hands are consecrated, they do not take part in any dealings that are dishonest, unclean, or questionable. When the mind and the heart are filled with the desire to give and to bless, the work of the hands will be of like character. Consecrated to the Master's work, one finds it easy to give and to serve. If you wish to give to some one and do not quite know what to give, just realize that God gives through you. At the proper time the gift will appear.

* *Ye have heard of the dispensation of that grace of God which has given me to you-ward.*—EPH. 3:2.

Tuesday

JULY 18

THE PRESENCE OF CHRIST WITHIN MAKES ME PEACEFUL AND HARMONIOUS.

THE REALIZATION that Christ is within man makes one peaceful. When you see that only Christ, the Truth, has being and reality, then you see that inharmony and discord have no reality in the absolute. If in superconsciousness you conceive of peace as filling your world, then you see peace expressed in all your affairs. Get the understanding that peace alone is real.

Christ is a symbol of peace. The birth of Jesus was attended by carols of peace. When the Christ is born to human consciousness, the whole organism is flooded with peace. You can show no greater love for Jesus than to discover the Christ within yourself and to express Christ in your life.

In the very face of tumultuous experiences you can turn to your own peace, the Christ within, and maintain peace. If you realize the truth about peace, the illusion of the external cannot disturb you; the power of your realization will reach the external and cause peace to be established.

** The peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.—PHIL. 4:7.*

JULY 19

Wednesday

I CONTINUALLY PRAISE AND GIVE THANKS FOR THE LIGHT OF SPIRIT.

BECAUSE LIGHT is so much an accepted fact in our life we seldom give it a thought until its absence makes us acutely aware of our need and desire for it. This is true also of the light of Spirit that is forever at hand for our benefit. There is never a time in our life when we do not have access to this inner light. The light of Spirit within each one shines unceasingly and unfalteringly even though the world about may appear to be utterly black or our eyes darkened to its shining.

No person who has been deprived of the ability to see for a length of time, or who has wandered about uncertainly in complete darkness, can ever forget the surge of joy and thanksgiving that filled his heart when the light came. Even so should we be continually grateful for the greater light, the light implanted within us by the Father, that shines into the furthest corners of our mind, our body, and our world of affairs. Let us acknowledge and rejoice in the light of Spirit within.

• Now are ye light in the Lord.—EPH. 5:8 (A. V.).

Affirmations

USED BY THE *Society of
Silent Unity*

JULY 20 TO
AUGUST 19



Daily at 11 a. m. join us in this thought for spiritual
**ILLUMINATION . . . I continually
praise and give thanks for the light of
Spirit.**



At 9 p. m. each night let us acknowledge the power of
Spirit for
**HEALING . . . I praise and give thanks
that I am strong in the Lord and in the
power of His might.**



At high noon each day concentrate your attention on this
thought for
**PROSPERITY . . . I praise and give
thanks for the plenty, visible and in-
visible, that I feel and see everywhere.**

JULY 20

Thursday

I PRAISE AND GIVE THANKS THAT I AM STRONG IN THE LORD AND IN THE POWER OF HIS MIGHT.

CONTINUING THE thought of praise and thanksgiving that is the keynote of our class statements this month, we find especial cause for rejoicing in the presence of God's strength and power within the body. Knowledge of this inner source of strength gives new vitality and endurance to tendons, bones, and muscles, lifts up and corrects every appearance of weakness, and sets the very nerves and cells tingling with renewed energy, poise, and efficiency. Conscious realization of the one Presence and Power within immunizes the body temple against every adversary: worry, doubt, anxiety, belief in disease, contagion, depletion, insufficiency of any kind.

Let your heart and your body join in this song of rejoicing. Praise the life and orderliness and wholeness that are within you, for praise quickens this perfection into full expression. If any thought of weariness or weakness seeks entrance, put it to rout with the word "I am *strong* in the Lord."

* *The Lord Jehovah is my strength and my song.—ISA. 12:2 (A. V.).*

Friday

JULY 21

I PRAISE AND GIVE THANKS FOR THE PLENTY,
VISIBLE AND INVISIBLE, THAT I FEEL AND
SEE EVERYWHERE.

AS STUDENTS of Truth we know that God's substance, which is the real essence of every manifested thing, is everywhere evenly present. Even when we see no material form, substance is present in its pure, spiritual form. When we realize this Truth our spiritual eyes see this spiritual substance, we sense its presence, we feel the richness of God's abundance. Whether or not the supply we desire has taken outer shape, we may know that it is with us in its spiritual form, ready to come into being when acted upon by our word and faith.

Our hearts constantly should be exultant and grateful not only for the blessings that already have appeared in our life and for those which we expect to receive but even more for the infinite love of the Father that has provided so richly for our needs. Praise and thanksgiving keep the heart joyful and expectant and the way open for receiving ever-increasing blessings.

* *Praise the name of Jehovah your God, that hath dealt wondrously with you.—JOEL 2:26.*

JULY 22

Saturday

I AM NOT BURDENED BY WORRIES OR RESPONSIBILITIES. "MY YOKE IS EASY, AND MY BURDEN IS LIGHT."

MANY PEOPLE worry about things that never come to pass. Others worry about things that are insignificant. There are those who seem to have a habit of worrying and of carrying the sins of the world upon their own shoulders.

Worrying puts a person in a mental attitude in which he cannot solve the problems before him. It throws him into mental confusion, the very condition from which he should be free if he expects to adjust matters.

There is a way out of every difficulty. It is a wise and sane way, but a person discovers it only when he is thinking clearly and when he sees himself as master. Burdens are mostly mental ones. The one who can master his affairs from the standpoint of mind finds that he has neither burdens nor responsibilities. He has learned to cast his burdens on the Christ within and to let Christ direct him wisely in what he is to do.

* *Cast thy burden upon Jehovah, and he will sustain thee.*—PSALMS 55:22.

Sunday

JULY 23

THE CHRIST MIND, SPIRITUAL CONSCIOUSNESS, IS NOW ACTIVE IN ME AND I AM UNIFIED WITH GOD.

CHRIST IN us is our consciousness of spiritual truth. Through this understanding we become like Christ; we become unified with the Father. By studying the Bible we see that Jesus often turned to the Christ consciousness; in fact, most of the time He was dwelling in the higher truth.

Through spiritual consciousness we contact the Christ. By this process we make union with God. Christ is the way and the way-shower. Man knows both the Son and the Father solely through his own spiritual-mindedness. When a person is awakened to a consciousness of Christ in himself, he beholds himself as a son of God. He begins to see himself as Jesus saw Himself and all His fellow men.

The Christ consciousness is that which identifies us with God. It is the spark of divinity within us. It is our means of thinking Godward and of beholding God in ourselves.

• *Have this mind in you, which was also in Christ Jesus.*
—PHIL. 2:5.

JULY 24

Monday

I AM SPIRITED BY THE SPIRIT OF GOD, AND I DO ALL THINGS WITH SPIRIT AND WITH ENERGY.

THE SPIRIT of God within us energizes us by filling us with life and animation. God alone is the power that causes and gives us spirit. God at the center of our being creates energy sufficient for all our demands. His Spirit is our Spirit. We cannot get energy from outside agents or forces. Drugs and stimulants produce but a false energy that is soon spent; they leave the individual with less energy than he had before using them.

If you feel that you lack spirit, become more conscious of the Spirit of God. Turn to the center of your being and contact God.

When a person is consciously unified with the energy of God within, his energy is never diminished or depleted. He never tires, because God is never tired or fatigued. In this consciousness man knows that with the energy of God he has sufficient energy to meet every demand. Through the Spirit of God he can do all things.

● *God is Spirit; and those who worship Him must worship in spirit and truth.—JOHN 4:24 (Weymouth).*

Tuesday

JULY 25

THE LAW OF GOD REGULATES ALL MY AFFAIRS AND THEY ARE IN DIVINE HARMONY.

IF YOUR affairs are inharmonious, apply spiritual law and principle. The mathematician relies upon law to correct jumbled figures; the practical Christian has access to a law equally reliable, scientific, and exact.

All things are brought into right relation when spiritual law becomes active in them. Inharmony is simply the wrong relation of things and is a maladjustment of conditions. The orderliness of law causes inharmony to change to harmony and order.

Study spiritual law until you become thoroughly confident of its ability to adjust and regulate your affairs. Then depend entirely upon it and that which is ordinarily called "law" will become subordinated to it. There can be but one law for you when you know the truth about divine law. The law of God regulates the affairs of your home, your office, and your business when you consciously set it to work. This law clears away disorder and inharmony. It establishes harmony and peace.

¶ *His delight is in the law of Jehovah.—PSALMS 1:2.*

JULY 26

Wednesday

BORN OF SPIRIT, I AM THE EXPRESSION OF GOD'S IDEA OF PERFECT MAN.

DIvine Mind is man's spiritual consciousness. When perfect ideas of this Mind are born to man's consciousness he perceives Truth. When he grasps the truth of the divine ideal, he has caught ideas from Divine Mind.

In the great plan of creation the pattern of man is perfect. Man must come to know himself as the identical "image and likeness" of this ideal. In the divine plan there are no patterns or ideas of imperfection or of imperfect man. In Truth only one man is created, the perfect man of God.

Born of Spirit, your character is spiritual. You have the perfection of God's perfect idea of you. You may think contrary to this and manifest something very much unlike perfection, but in Truth you are perfect. In Truth you are what you are in the sight of God. You become like your thought and vision of yourself. If you think of yourself and see yourself as spiritual and perfect, you will manifest what is true of you in the ideal.

* *That which is born of the Spirit is spirit.—JOHN 3:6.*

Thursday

JULY 27

I AM FREE FROM PERSONAL PREJUDICES. I JUDGE RIGHTEOUSLY.

THE IDEAL judgment is impersonal and absolute. It is not prejudiced, biased, or personal. It respects neither personality nor preconceived ideas. It is not based upon judgments of the past. It is impartial and righteous. It is judgment according to divine law.

In your consciousness loose men from your pre-conceptions of them. Do not let your judgment of today be influenced in the least by your judgments of the past. Always remember that there is but one man that comes before you for judgment—yourself. Righteous judgment consists of discriminating against every thought that would obscure your vision of the inner Christ man.

Righteous judgment is judging according to the right, the spiritual, the absolute. When you free others from your prejudices, you in turn will be free from prejudice. When you judge righteously, you will be righteously judged.

** Ye shall do no unrighteousness in judgment: thou shalt not respect the person of the poor, nor honor the person of the mighty.—LEV. 19:15.*

JULY 28

Friday

I REJOICE IN PRACTICING AND DEMONSTRATING THE TRUTH THAT I KNOW.

AFTER ALL we are concerned not so much with the study and knowledge of Truth as we are with its practice and application. We are not to be so engrossed in the teachings of Jesus that we neglect to do His works.

Begin to practice what you preach. Demonstrate what you know of the higher principles of life. Many persons have such a hunger for knowledge of Truth that they want to sit and feed upon it all the time. They need to bestir themselves and go into the fields and serve. They need to put into operation the beautiful truths that they know.

For example, you know virtually all that you need to know about your relation to other people. You know that you should be loving, tolerant, and helpful. If you would practice these simple truths, your whole life would be transformed. If you want to bring others into Truth, let them see how well you practice it, not how beautifully you can preach it.

* *Be ye doers of the word, and not hearers only.—JAMES 1:22.*

Saturday

JULY 29

ALL BELIEF IN AGE IS ERASED FROM MY MIND AND MY BODY. I MANIFEST THE YOUTH OF SPIRIT.

ANTOINE FRANCE once remarked that man should grow younger as he grows older. The longer one lives the younger one should become. By living one has an opportunity to learn more of life and to demonstrate the victory of youth over the belief in age and decay.

Age results from the belief that man is material and must change and decay just as matter changes and decays. The consciousness that man is spiritual replaces this belief with the truth. Spirit does not age or change. Spirit is not temporal; Spirit is eternal, unchanging. Man is spiritual.

Those who look upon threescore years and ten as the length of human life place themselves under a law based upon mortality, not upon truth and life. Those who know spiritual truth realize that the life and youth of Spirit is their life and youth. They base their life upon life which is never diminishing, ever increasing, ever renewing, and everlasting.

* *He returneth to the days of his youth.—JOB 33:25.*

JULY 30

Sunday

LOOKING GODWARD, I DRAW TO MYSELF THE BAPTISM OF THE SPIRIT OF GOD.

THE EUNUCH who studied Christianity as he journeyed along the road drew to himself Philip, a disciple of Jesus. Spirit had guided Philip to this man. Philip ministered to him, interpreted the sacred writings for him, and then baptized him. By his sincere desire to know Truth the eunuch attracted to himself one who was a representative of the Christ.

If we direct our visual sense toward Truth, Truth comes toward us. If we give our attention to spiritual things, spiritual things are revealed to us in one way or another. If we fervently desire spiritual baptism, we receive it.

When we turn to God we invite the richest blessings of God; we turn from doubt and lack; we prepare ourselves to receive abundantly.

Looking Godward, you behold the very presence of God and find yourself in the very midst of that presence. Looking Godward, you find that you are but looking within, to God in yourself.

* *Draw nigh to God, and he will draw nigh to you.*
—JAMES 4:8.

Monday

JULY 31

GOD GIVES HIMSELF TO ME AS MY PEACE, MY HEALTH, AND MY PROSPERITY.

WHEN GOD is expressed through us we have peace of mind, health of body, and prosperity in our affairs. We may say that God gives Himself to us in this way. He is one with and inseparable from the gift.

That which is good and perfect is from God. It is God made visible as perfection. It is God manifest as the fulfillment of our needs. It is God brought forth from the depths of our being and expressed in visible form.

The gift of God, the giving out or pouring forth of Spirit within, is the expression of that in man which is divine. The inner man gives expression to the perfect idea of God, and the outer man responds with wholeness as the perfect man, or Son, of God.

We think of God as all-sufficient because He adapts Himself as the answer to all our longings. He is the essence of that which is required by man for his highest development.

* *Every good gift and every perfect gift is from above, coming down from the Father of lights.—JAMES 1:17.*

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